






Produce of the Month



Zucchini



Nutritional Information

-  Zucchini are a good source of protein, Dietary Fiber, Thiamin, Niacin, Vitamins A, C, K, and B6, as well as Folate. and potassium
-  Zucchini are low in sodium, contain no saturated fats, and are cholesterol-free!
-  Zucchini have anti-oxidants, particularly in the seeds and stem.

Recipes/Ideas

-  Zucchini retain most antioxidant benefits when steamed, rather than boiled.
-  Grill zucchinis in foil at your next summer BBQ! Chop into half circles and place in the middle of a 12x12 foil sheet, sprinkle with salt, pepper, minced garlic and a bit of butter, and roll up the sides and top before placing on the grill. Close the cover for 15-20 min. or until zucchini are tender and translucent.

For more ideas: Zucchini + Noodles = ZOODLES!

<http://paleoleap.com/10-zoodle-recipes/>

<http://hurrythefoodup.com/zoodle-zucchini-pasta-recipes/>

Or delicious zucchini bread: <http://allrecipes.com/recipe/6698/moms-zucchini-bread/>

<http://95210.townofmanchester.org/>

9

5

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

Manchester's Message for a Healthier You

Selecting, Storing, Preparing

-  **Choose:** Small to medium zucchinis (6-8" in length) pack the most flavor. Dark skinned zucchinis have the most nutritional value. It is best when the zucchini is heavy and firm to the touch.
-  **Avoid:** pitted skin and spongy textures, as these may be bitter.
-  **At home storage:** store in a plastic bag in a veggie compartment in the fridge. Zucchini can be kept for 2-3 days for optimal flavor retention. Before cooking, thoroughly wash with cold, running water.

Fun Facts

-  The world's largest zucchini was 69.5 inches long!
-  A zucchini has more potassium than a banana.
-  The word "zucchini" comes from the Italian word "zucca", which means squash!